



Vending Machine Know-How

Many of us know exactly where the vending machines are located at work and visit them frequently throughout the day for that “quick energy.” While snacking can give us the energy needed to make it through the day, our choices at the nearby vending machine may just add empty calories, sugar and fat, but not much nutritional value.

Snacking and Vending Tips:

- *Watch the portion sizes.* Are you eating only one portion in the bag or more? Some foods and beverages are packaged as one serving bags while others may be two or three servings. Don't just guess; check out the labels to know for certain.
- *Take a break.* Rather than grabbing a snack and eating on the go, sit down for a few minutes and focus on what you are eating.
- *Check out the vending machine.* When you're not hungry, stop by the vending machine to look for the healthy selections available. Next time you visit when you are hungry, you'll already have your healthy choice in mind and you may not be as tempted by the candy bars calling your name.
- *Keep your own healthy snacks in a desk drawer or office locker.* If the snacks in your vending machine won't fit into your healthy diet, bring in small one portion snack bags from home. Or, pack canned or dried fruits, unsalted-dry roasted nuts, low fat granola cereal or other whole grain snacks.
- *Stock the company refrigerator with healthy options.* If you have access to a refrigerator, keep healthy snacks like fresh fruit, low fat yogurt, string cheese and bottled water on hand.

Healthier Vending Choices

- ✓ Low fat yogurt
- ✓ Low fat microwave popcorn
- ✓ Whole Grain cereal bars
- ✓ Dried or canned fruit
- ✓ Trail mix
- ✓ Nuts and seeds
- ✓ String Cheese
- ✓ Low fat tortilla chips
- ✓ Baked chips
- ✓ Whole grain crackers or pretzels
- ✓ 100% Fruit juice
- ✓ Bottled water
- ✓ Skim or 1% milk
- ✓ Calorie free beverages



Poor Vending Choices

- ✓ Cookies
- ✓ Candy and candy bars
- ✓ Sandwich crackers
- ✓ Chips, tortilla chips
- ✓ Donuts, cakes and cupcakes
- ✓ High fat muffins
- ✓ Snack crackers
- ✓ High fat meats (sausages)
- ✓ High fat cheeses
- ✓ Regular soft drinks
- ✓ Sugared punches, lemonades and sweetened teas
- ✓ High fat milk